

Sacred Life

Wiconi Wakan



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The Great Plains Good Health and Wellness Program (GPGHW)

Anpétu Wašté,

The Great Plains Good Health and Wellness team is excited to wish you a Happy New Year! There are many things to celebrate as we jump into our program's third year. Our tribal partners continue to provide critical services to their communities with big plans to expand and implement healthy opportunities for all. There is no better time to honor our bodies in a healthy way than participating in National Heart Health Month in February and National Nutrition Month in March. We hope you find helpful resources in this issue of Sacred Life to use towards your everyday health journey. To share our 2022 affirmation, Mithanchan Kin Zani - My Body is Healthy, may this year bring new happiness, new goals, new achievements, and many new inspirations to your life.

In good health,
The GPGHW Team

TRIBAL PARTNER SUCCESS

OYATE TECA PROJECT

The Oyate Teca Project will continue to focus on the Medicine Root Gardening program to provide fresh, locally grown produce for the community. This program has been successful and has grown in participants. The size of the garden is now 7,980 square feet!

Our focus this year will be to build a permanent growing structure with heating and cooling to provide fresh produce year-round.

We recently acquired a mobile market, “grocery store on wheels,” and will be able to hit multiple areas across the Pine Ridge reservation and beyond.

We are also in the process of building a community center that will be 21,00 square feet! The center will include four home economic stations where youth and gardeners can prepare a meal from scratch. They will learn basic cooking skills and healthier eating options. The center will also include a canning and commercial kitchen, gymnasium, sewing room, art room, and recreational room. We are very excited about this new building for our community.

SISSETON WAHPETON OYATE

The Sisseton Wahpeton Oyate Diabetes Center tackles chronic disease from a different approach. The Healthy Families Initiative is geared toward prediabetes and lifestyle change education as a family. With the partnership of Sisseton Wahpeton Oyate, Special Diabetes Program for Indians, AstraZeneca Foundation, and Indian Health Service, the Family Program is geared towards individual family’s needs. All families are referred from IHS at a high priority and all other families at risk. Families will begin with a Health Assessment, goal setting, contracts, weekly meetings, and meal prep. The CDC’s Prevent T2 Lifestyle change Curriculum is utilized for the weekly meetings alongside the Sanford Fit curriculum customized for youth.

MISSOURI BREAKS INDUSTRIES RESEARCH INC

Our Missouri Breaks team has had multiple successes while working to support the health of the Cheyenne River Oyate. A partnership with the Timber Lake School to increase the number of nutritious snacks sold from the concession stand was enacted in August. We also partnered with

the Cheyenne Eagle Butte School to improve access and consumption of healthy snacks by establishing a healthy vending machine for staff, students, and the public. Our work with local school districts continued to support health education on commercial tobacco prevention and the promotion of Cansasa. The Canli Coalition presented and engaged middle and high school students from partner schools in a discussion about vaping, hosted a traditional tobacco coloring contest, and collaborated with Mni Wiconi Health Circle to host a presentation about Cansasa.



MBIRI Healthy Vending

We continue to engage in monthly media health campaigns on various topics providing information to our community through social media messaging, newspaper articles, print media, and radio. We are looking forward to seeing our Breastfeeding Policy make its way through Tribal Council for full approval in the coming months. Furthermore, as warmer weather greets us, we are excited to see partnerships with four local community gardens take off as the gardening season begins.



OTP Hydroponics Set-up

THE WINNEBAGO COMPREHENSIVE HEALTHCARE SYSTEM

The Winnebago Tribe of Nebraska's (WTN) Winnebago Comprehensive Healthcare System (WCHS) intends to build on a solid foundation to increase awareness of risk factors and work toward the prevention of type 2 diabetes, heart disease, and stroke in community members.

The focus will be expanded to young adults and their children involved in prediabetes screenings, including Early Head Start/Head Start locations for hypertension and prediabetes screenings. Once identified, those at-risk will be referred to WCHS Twelve Clans Unity Hospital and Winnebago Public Health Department diabetes and hypertension services, including Ho-Chunk Hope's Lifestyle Balance program to provide the tools to delay or prevent diabetes and hypertension. A Certified Diabetes Educator will offer individualized diabetes self-management education.

These services are integrated throughout the community; the Whirling Thunder Wellness Program works with WCHS Diabetes Services and other stakeholders, including nutrition programs, to focus on goals-to aid in "targeting, achieving, and maintaining overall fitness, nutrition, and diabetic care goals."

Culturally-relevant approaches will increase program participation/retention and, ultimately, reduce the incidence of type 2 diabetes, high cholesterol and blood pressure.

SPIRIT LAKE TRIBE'S SACRED LIFE CENTER

Under the Good Health & Wellness grant, the Spirit Lake Special Diabetes Program for Indians (SDPI) hosts a "Power Hour" that targets youth high in obesity and are at risk of Type II Diabetes. "Power Hour" participants range from 3rd-6th grade.

The after-school program focuses on nutrition and physical activity. We do fun activities such as stretching, body-weight movements, sports activities, etc. We also teach them the importance of the four words of exercise, which are food, movement, mood, and recharge.

Three different Weekly groups will transition into our 3 two-week summer camps, "Wicozani Waste Wicoti" (Good Health Camp). Gardening, arts & crafts, nutrition, and fitness are some of the offered education topics. Fun activities such as hiking, swimming, fishing, pontooning, juneberry picking, and scavenger hunts are also part of the curriculum. The program's overall goal is to see a decline in obesity and diabetes. The earlier it is taught to live a healthy lifestyle will show its lifelong effect.

SANTEE HEALTH & WELLNESS CENTER

The Santee Health & Wellness Center's multidisciplinary team has partnered up with our community partners and has been busy creating, developing, and enhancing our summer CHEF program content.

Virtual cooking classes have been recorded and aligned to air with community gardening opportunities. Fitness activities are being enhanced for both adults and local youth. The team works closely with KAT Marketing's Native Reach branch to provide community-wide public health education efforts through our mobile apps.

Due to some unforeseen structural engineering issues, last project period, the Santee Health & Wellness Center is planning to break ground on our outdoor synthetic turf recreation area this spring, which will give us more opportunities for safe, outdoor wellness activities!



Spirit Lake's After School Program

HONOR YOUR CANTE FOR NATIONAL HEART HEALTH MONTH

Here are 8 Tips to Consider When Being Mindful of Heart Health:

1. Plan ahead by creating daily menus

- Planning allows an opportunity to take restrictions and limitations into consideration. This method also offers an opportunity to diversify the menu and incorporate different proteins, grains, and vegetables.

2. Control your portion size

- How much you eat and what you choose to eat are equally important. Portions served in restaurants are often more than anyone would need.

3. Chose low-fat protein sources

- Lean meat, poultry and fish, low-fat dairy products, and eggs are options to consider when considering protein. Choose lower-fat options, such as skinless chicken breasts rather than fried chicken.

4. Select whole grains

- Whole grains are good sources of fiber and other nutrients that regulate blood pressure and heart health. You can increase the number of whole grains in a heart-healthy diet by making simple substitutions for refined grain products.

5. Limit unhealthy fats

- Limiting how much saturated and trans fats you eat is crucial to reducing your blood cholesterol and lowering your risk of coronary artery disease (CAD).

- It's recommended that saturated fat be less than 6% of total daily calories.

6. Eat more vegetables and fruit

- Both vegetables and fruit are excellent sources of vitamins and minerals while also low in calories. Try keeping vegetables washed and cut in your refrigerator for quick snacks.

7. Reduce the salt (sodium) in your food

- Overeating salt can lead to high blood pressure risk for heart disease. Healthy adults should have no more than 2,300 milligrams (mg) of sodium a day (about one teaspoon of salt).

8. Allow yourself an occasional treat

- If overindulgence is the exception rather than the rule, you'll balance things out over the long term. What's most important is that healthy foods make up the majority.

Blood Pressure Screening at Your Dental Office

There are patients in your practice with hypertension; you have the potential to reduce their risk of heart disease.



1 in 2 adults in the U.S. has hypertension.



In North Dakota, nearly **1 in 3 adults** is diagnosed with hypertension.



1 of every 4 adult deaths in the U.S. is from heart disease.



Uncontrolled hypertension or high blood pressure increases the risk of heart disease and often has no symptoms.



As part of the healthcare team, dental professionals should measure their patients' blood pressure to assist with detecting, treating, and managing hypertension in its early stages.



Blood pressure screenings also present opportunities for dental teams to discuss other habits, such as physical activity, nutrition, and tobacco and alcohol use.



All pregnant patients, regardless of age, should be screened for hypertension. Hypertensive disorders in pregnancy can cause significant maternal and fetal morbidity and mortality.

Blood Pressure Categories



BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 – 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 – 139	or	80 – 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

More Information

Access the manual prepared for North Dakota dental practices, **Blood Pressure Measurement in Dental Practice: Information and Guidelines**.

Contact Melissa Kainz
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CELEBRATE A MONTH OF FLAVOR DURING NATIONAL NUTRITION MONTH

Eating Healthy on a Budget

Eating healthy doesn't have to be expensive. Use these tips to make healthy choices while staying within your budget.

Create a Grocery Game Plan

Before heading to the grocery store:

1. **Get organized.**
2. **Look in your freezer, cabinets, and refrigerator.**
3. **See what items you already have and save money by using them.**
 - Write down the meals you want to make during the week. Think about ideas for healthy and low-cost meals based on foods your family enjoys and foods that are good buys.
 - Make a grocery list. Try to buy enough for the whole week and save yourself a shopping trip.
 - Think about your schedule. Choose meals you can make quickly on your busiest days. Save recipes that take longer for your days off.
 - Prepare Healthy Meals
 - Organize your kitchen. Keep frequently used items such as cooking oils/sprays, spatulas, cutting boards, and spices within easy reach. This will save you from having to search for them later.
 - Clear the clutter. Before you start cooking, clear off your counters. This allows more room for prep space.
 - Cleanasyougo. Fill up the sink with soapy water and wash the dishes as you cook. It'll make clean-up go much smoother! Save some for later. Freeze leftover soups, sauces, or gravies in small reusable containers.

Source: <https://www.eatgathergo.org/eat/planning/eating-healthy-on-a-budget/>



Strong Heart Soup Recipe

HOW TO COOK

1. **Layer 1:** Bone broth of your choice
2. On a sheet pan put your oven on BROIL, char two thumbs ginger, 10 unpeeled garlic cloves, one large whole onion, halved, one thumb turmeric, and two whole jalapenos. Do Not Over Char, just until the edges are dark
3. In a tea bag or cheesecloth, wrap two-star anise, three cloves, a cinnamon stick, three cardamom pods, dried chilies and coriander
4. Add everything to a stockpot. Simmer on low for a few hours. Strain
5. **Layer 2:** Add thinly sliced beef, a cup of sliced mushrooms, a cup of wild rice and simmer until rice is done.
6. **Layer 3:** Top with chopped Thai Chillies, Thai Basil, chopped cilantro, and sprinkle lime juice.

INGREDIENTS

- Bone Broth
- Ginger
- 10 Garlic Cloves
- 1 Onion
- Turmeric
- 2 jalapenos
- cinnamon stick
- Thinly sliced beef
- 1 c. sliced mushrooms
- 1 c. wild rice



Chefs Luke & Linda Black Elk

COVID-19: WHERE ARE WE NOW?

Since March of 2020, the coronavirus called COVID-19 has been a top news story. As the pandemic has progressed, we have continued to learn about the virus and how to fight it. As we **learn new information** and the virus changes, **public health officials continue to update and revise the guidance** around COVID-19. We at the Great Plains Tribal Epidemiology Center wrote this article to update everyone about all things COVID-19.

COVID-19 Variants (Omicron Coronavirus)

Viruses constantly undergo mutations – or changes to their genes. Viruses with new mutations are called variants of the original virus. Many variants emerge and disappear without ever being noticed by Public Health officials. Some variants act differently than the original virus. For example, there can be changes in how easily the virus spreads from person to person. Or there can be changes in how sick people get when they are infected. When a new variant emerges that significantly changes how the virus acts, it is called a variant of concern. The World Health Organization (WHO) has identified 5 coronavirus variants of concern since the start of the pandemic. We will continue to see new COVID-19 variants as more people are infected.

The **Omicron coronavirus** variant is currently the most common coronavirus variant in the United States, **accounting for 99% of total cases last week.** The omicron coronavirus spreads very easily from person to person, so many people are getting sick very quickly. Although research shows that the Omicron coronavirus variant may not be as deadly as previous variants on average, **many people are still getting ill and dying from the virus. Currently, more peo-**

ple are hospitalized each day in the United States with COVID-19 than at any other time during the pandemic. Unvaccinated people are at a much higher risk of being hospitalized with or dying from the Omicron coronavirus variant than vaccinated people.

Vaccination & Boosters

Vaccinations are widely available across Indian Country. Vaccination is the best tool we have to prevent death, reduce hospitalizations, and slow the spread of the coronavirus. Over 500,000,000 COVID-19 vaccine doses have been given in the United States, including to millions of Natives of all ages. The COVID-19 vaccines are safe and **effective** for everyone. If you are unvaccinated, get vaccinated. **Everyone ages 5 and older are eligible to get a COVID-19 vaccine.**

Vaccinated or not, you are protecting your relatives when you:

- Mask Up,
- Social distance, and,
- Stay home when sick.

What are boosters, and why are they important?

Research shows that changes in variants and time may reduce protection gained from vaccinations. The booster doses increase a person's immune response, creating an extra layer of protection. The booster doses have also shown that they effectively prevent severe illness, hospitalization, and death. Meaning that anyone who has a booster dose and becomes infected is more likely to have an asymptomatic or mild case and less likely to be hospitalized.

The Centers for Disease Control (CDC) recommends booster doses for anyone who has taken the primary series (doses one and two) of the Pfizer and

Moderna vaccines over 5 months ago or the first dose of the Johnson and Johnson (also known as J&J or Janssen) vaccine over 2 months ago.

You are considered "up-to-date" with your vaccinations after you receive your booster dose. The research shows that we need the booster dose to have **complete protection** against the new variants.

COVID-19 Testing:

Testing is an essential tool to help slow the spread of COVID-19.

COVID-19 tests are effective at detecting a COVID-19 infection. The rapid COVID-19 tests provide results in 15 minutes. Every home in the United States can order 4 free-at-home COVID-19 tests. Orders typically ship in 7-12 days.

Order your tests now, so you have them when you need them. Visit COVID Home Tests | USPS (<https://special.usps.com/testkits>) to order your tests.

Go get vaccinated. Make sure your aunts, uncles, and cousins are vaccinated. Protect our elders and future generations. **The COVID-19 pandemic is not over yet, but we have the tools to protect our people.**

Get vaccinated so the people may live.

The Great Plains Tribal Epidemiology Center housed within The Great Plains Tribal Leaders Health Board brought this message to you.

Contact Info:

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UPCOMING EVENTS

USE SUPPORTIVE DISCIPLINE CONVERSATIONS TO BUILD ACCOUNTABILITY & COMMUNITY

Hosted by: Alliance for a Healthier Generation

February 17, 2022, 12:00-12:30 MT

During this 30-minute webinar, we will demonstrate a five step framework to implement supportive discipline in a productive and fair way, especially if relationships or behavior feel challenging. When done well, supportive discipline conversations can uncover the underlying roots of a conflict while promoting accountability and connection.

Register Here: https://healthiergeneration.webex.com/ec3300/eventcenter/enroll/join.do?confId=213161371606460649&theAction=detail&path=program_detail&siteurl=healthiergeneration&confView-ID=213161371606460649&internalProgram-TicketUnList=4832534b000000056ba36977d0b367706c7f9ddee14d143dc05431d333afa-fe0e01d118120616668

MONTHLY AWARENESS WALKS

Feb. 1- Love Heals - Mental Health Matters

March 1 - Brain Injury Awareness

April 5 - Autism Awareness

May 3 - Mental Health Awareness

Location: Oyate Behavioral Health Office
725 N Lacrosse St, Rapid City, SD 57701
605-718-5095

FATHERHOOD COMMUNITY EVENT

CALLING BACK OUR FATHERS

March 17 @ 8 AM-6 PM

Ramkota Convention Center

Educational sessions on families and family strengthening, mental health,

and community resources.

Come and learn with us.

There will be vendors, breakout educational sessions, games, door prizes, swag & most importantly FUN! To Register please use the link below.

<https://www.surveymonkey.com/r/PJPZ5VN>

For more information please contact:

Grant Weston

grant.weston@gptchb.org

IPHL PROGRAM

INDIGENOUS PUBLIC HEALTH LEADERSHIP PROGRAM

A 6-month leadership institute providing training in core public health competencies with a focus on key issues impacting tribal communities

APPLY BY FEB. 21, 2022 | KICK-OFF ON MARCH 16, 2022
CLOSE-OUT SESSION ON AUGUST 17, 2022

Program will focus on key issues impacting tribal communities, including:

- **COVID-19 & Pandemic Planning**
- **Climate Change & Emergency Preparedness**
- **Mental Health & Resilience**
- **Equity & Social Determinants of Health**

Eligibility: emerging tribal public health leaders working within a tribal department of health or in Indian Health Service/Tribal/Urban healthcare facilities serving AI/AN Communities

COFFEE WITH COOPER

February 21 @ 10:00-10:30AM CDT

Join Eduardo Sanchez, M.D., M.P.H., FAHA, Chief Medical Officer For Pre-

vention at the American Heart Association for a virtual chat on:

February is American Heart Month, a time when the nation spotlights heart health and heart disease, the No. 1 killer of Americans. Heart disease continues to be the greatest health threat to Americans and is still the leading cause of death worldwide, according to the AHA's Heart Disease and Stroke Statistics – 2021 Update.

In most cases, heart disease is preventable when people adopt a healthy lifestyle and improve heart health. Participate in Dr. Sanchez's Webinar to learn how to improve heart health and prevent heart disease with lifestyle and medical interventions.

Register HERE:

https://us06web.zoom.us/webinar/register/5316385525706/WN_FZ3796O2R-r25DR4CABaFZw

TOBACCO CONTROL INSTITUTE

Please mark your calendars for March 22 and 23, 2022 and make plans to attend the Virtual Spring 2022 Tobacco Control Institute via Zoom!

March 22 8:45 AM-1:00PM CST
March 23 8:45 AM-12:30PM CST
Registration Opens Feb. 7

Key Topics:

- National Tobacco Control Updates and Trends
- Priority Populations
- Health Equity
- Community Showcase

For more information please contact:

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FUNDING OPPORTUNITIES & RESOURCES

FUNDING AVAILABLE TO SUPPORT THE DEVELOPMENT OF A CHW PROGRAM

Organizations in South Dakota are now able to apply for funding to develop and start a sustainable Community Health Worker (CHW) program.

This funding, available through the South Dakota Department of Health, can provide up to \$50,000 to support

- Awareness of the CHW profession
- Training (or cross-training) of an individual to become a CHW
- Workforce and organization development to develop a sustainable CHW program

Individual sites and organizations are welcome to respond to the rolling Request for Applications until funding is spent or funding ends.

More information about the funding opportunity, including sample budgets and FAQs can be found by accessing www.chwsd.org/funding.

CDC'S NATIONAL CENTER FOR CHRONIC DISEASE PREVENTION AND HEALTH PROMOTION

This funding opportunity offers support for the implementation of tribal practices and cultural traditions to build resiliency and connections to community and culture to improve physical, mental, emotional, and spiritual

health and wellbeing.

This approach will include implementation of tribal wellness practices that were identified by tribal health leaders who were convened by CDC in 2016 and lessons learned from the previous cooperative agreement, Tribal Practices for Wellness in Indian Country (CDC-RFA-DP18-1812PPHF18).

Those tribal wellness practices include the following:

- Family and community activities that connect cultural teachings to health and wellness
- Seasonal cultural and traditional practices that support health and wellness
- Social and cultural activities that promote community wellness Inter-generational learning opportunities that support wellbeing and resilience
- Cultural teachings and practices about traditional healthy foods to promote health, sustenance and sustainability
- Traditional and contemporary physical activities that strengthen wellbeing

For more information, please view the notice of funding opportunity announcement here:

<https://www.grants.gov/web/grants/view-opportunity.html?oppld=334873>

RURAL PUBLIC HEALTH WORKFORCE TRAINING NETWORK PROGRAM

Purpose: The RPHWTN program addresses the ongoing critical need in health care facilities for trained public health professionals serving rural communities.

Eligible applicants: eligible applicants shall be domestic public or private, non-profit or for-profit entities, including faith-based, community-based, tribes and tribal organizations. The applicant organization may be located in a rural or urban area, but must have demonstrated experience serving, or the capacity to serve, rural underserved populations. Applicants should list the rural areas (counties) that will be served.

Projected number of awards: thirty-one

Eligible applicants: applicants can apply for a ceiling amount of up to \$1,545,000 total cost to cover three (3) years (includes both direct and indirect, facilities and administrative costs).

****This is a one-time funding opportunity with no expectation of additional federal funds after the performance period ends.**

Application due date: March 18, 2022

Link to NOFO: <https://www.grants.gov/web/grants/view-opportunity.html?oppld=336038>

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GREAT PLAINS GOOD HEALTH & WELLNESS TEAM